

**DeMuth Exhibit D**



# nutrition facts



Revised January 2007



## McDonald's® nutrition facts

For more than 30 years, McDonald's has been a leader in providing nutrition information to help our customers make informed choices when visiting our restaurants. To make it even easier, we've developed a new Nutrition Chart that will appear right on the packaging of our most popular food items.

### OUR NUTRITION CHART – WHAT'S IT ALL ABOUT?

For each menu item label, our Nutrition Chart (shown below for McDonald's 4-piece Chicken McNuggets®) provides information about five key nutrients: calories, protein, fat, carbohydrates (carbs) and sodium.

Calories	8%	170
Protein	20%	10g
Fat	15%	10g
Carbs	3%	10g
Sodium	19%	450mg

The left-hand column shows the percentage of each nutrient a menu item contributes toward recommended amounts for a 2,000-calorie daily diet. The recommended amounts for calories, fat, carbs and sodium vary depending on your gender, age and activity level.

The dotted line represents one-third of the recommended amounts, which helps you plan three balanced meals a day.

The right-hand column shows the amount of each nutrient in the menu item.

For the most complete nutrition information visit [www.mcdonalds.com](http://www.mcdonalds.com), or call 1-877-MCD-FOOD.

McDonald's is proud to offer you a wide variety of high-quality, fresh, great tasting menu options in a range of serving sizes. It's easy to choose well-balanced and delicious meals from McDonald's menu by mixing and matching choices each time you visit. The McDonald's food you love can be part of your balanced, active lifestyle!

This brochure highlights nutrition facts for several popular menu items so you can get the information you need simply and quickly. We also offer nutrition information on our trayliners, packaging and Web site at [www.mcdonalds.com](http://www.mcdonalds.com).

Our Web site provides more in-depth nutrition and ingredient information. It includes food exchanges, information on food allergens, and tips and meal suggestions to help people with special dietary needs dine at McDonald's. You can also use Bag a McMeal™ – our popular meal-planning tool – to create your own McDonald's meal and get the nutrition facts.

For the most complete nutrition information visit [www.mcdonalds.com](http://www.mcdonalds.com), or call 1-877-MCD-FOOD.





**FOOD QUALITY FACTS**

Serving a Quality Meal Every Time™

McDonald's® has an unmatched, global track record for food quality and safety that extends from the farms to our front counters. We care about the quality of food we serve to our guests, which is the basis for our Quality Promise – "serving a quality meal every time."



- Our 100% beef hamburgers are seasoned only with salt and pepper. No preservatives, no fillers.
- To make our World Famous French Fries and delicious Hash Browns, we use only select potatoes available from the best potato farmers across North America.

- McDonald's uses many of the same trusted brands consumers purchase at the grocery store, like Dasani and Newman's Own.
- The chicken in our Premium Chicken Sandwiches, Chicken Selects® strips and Chicken McNuggets® is supplied by industry leaders who are known for select poultry that consumers prefer and trust.

- McDonald's uses white fish from the cold, deep waters of the Pacific Ocean and Bering, Baltic and North Seas for our Filet-O-Fish® sandwich.
- To ensure the quality of the strawberries and blueberries in our Fruit 'n Yogurt Parfaits, McDonald's works with local growers to guarantee that both are grown in the perfect field conditions.

- All of the apples McDonald's chooses for its Snack Size Fruit & Walnut Salad, Baked Hot Apple Pie and Apple Dippers are harvested to perfection in some of the same apple orchards that supply local grocery stores and fruit stands.

► **Concerned about food allergies?**

If you have food allergies or questions about our food ingredients, please visit [www.mcdonalds.com](http://www.mcdonalds.com), or call 1-877-MCD-FOOD.



**NUTRITION TESTING PROCESS**

**The facts about our testing process**

McDonald's believes that accurate and accessible nutrition information helps our customers make menu choices to maintain balanced, active lifestyles. It's why we've provided this information for more than 30 years.

McDonald's uses a rigorous testing process to verify the most accurate nutrient values in all our menu items.

For the most complete nutrition information visit [www.mcdonalds.com](http://www.mcdonalds.com), or call 1-877-MCD-FOOD.

Turn this brochure over for detailed nutrition information on some of your favorite McDonald's menu items.

► **FOOD FOR THOUGHT**

- McDonald's foods and meal combinations can fit into a balanced diet.
- Our Premium Salads provide three servings of vegetables and, according to Food and Drug Administration labeling regulations, are an excellent source of vitamins A and C.
- Our Happy Meals and Mighty Kids Meals contain important nutrients that growing kids need, including calcium, iron and vitamins A and C.



Nutrition Facts										
Beef										
Serving Size										
Calories										
Total Fat (g)										
Saturated Fat (g)										
Trans Fat (g)										
Cholesterol (mg)										
Sodium (mg)										
Total Carbohydrates (g)										
Dietary Fiber (g)										
Sugars (g)										
Protein (g)										
Vitamin A										
Vitamin C										
Calcium										
Iron										
% Daily Value										

Hamurger	100 g	250	9	3.5	0.5	25	520	31	2	6	12	0	2	2	10	15
Cheeseburger	114 g	300	12	6	0.5	40	750	33	2	6	15	6	2	2	20	15
Double Cheeseburger	165 g	440	23	11	1.5	80	1150	34	2	7	25	10	2	2	25	20
Quarter Pounder® with Cheese +	198 g	510	26	12	1.5	90	1190	40	3	9	29	10	4	4	30	25
Double Quarter Pounder® with Cheese +	279 g	740	42	19	2.5	155	1380	40	3	9	48	10	4	4	30	35
Big Mac®	214 g	540	29	10	1.5	75	1040	45	3	9	25	6	2	2	25	25
Big 'N Tasty®	206 g	460	24	8	1.5	70	720	37	3	8	24	6	8	8	15	25
Big 'N Tasty with Cheese	220 g	510	28	11	1.5	85	960	38	3	8	27	10	8	8	20	25
French Fries																
Small French Fries	74 g	250	13	2.5	3.5	0	140	30	2	0	2	0	0	0	6	4
Medium French Fries	114 g	380	20	4	5	0	220	47	6	0	4	0	0	0	10	5
Large French Fries	170 g	570	30	6	8	0	330	70	7	0	5	0	0	0	15	2
Ketchup Packet (1 pkg)	10 g	15	0	0	0	0	110	3	0	2	2	0	2	2	0	0
Chicken/Fish																
McChicken®	147 g	360	12	3.5	1	40	790	40	1	5	14	0	2	2	10	15
Premium Chicken Club Sandwich (crispy)	263 g	660	28	8	1.5	80	1860	63	4	11	39	8	10	10	20	20
Premium Chicken Club Sandwich (grilled)	250 g	670	21	7	0	100	1720	52	4	12	44	8	10	10	20	20
Premium Chicken Ranch BLT Sandwich (crispy)	249 g	600	23	5	1.5	70	1900	64	3	13	35	4	10	10	8	20
Premium Chicken Ranch BLT Sandwich (grilled)	246 g	520	16	4	0	90	1760	53	3	13	40	4	10	10	20	20
Premium Chicken Classic Sandwich (crispy)	229 g	500	17	3	1.5	50	1330	61	3	10	27	4	10	10	8	20
Premium Chicken Classic Sandwich (grilled)	226 g	420	10	2	0	70	1190	51	3	11	32	4	10	10	8	20
Chicken McNuggets® (4 piece)	64 g	170	2	2	1	25	450	10	0	0	2	2	0	0	0	2
Chicken McNuggets (6 piece)	96 g	250	15	3	1.5	35	670	15	0	0	15	2	2	2	4	4
Chicken McNuggets (10 piece)	160 g	420	24	5	2.5	60	1120	26	0	0	25	4	2	2	6	6
Barbeque Sauce (1 pkg)	28 g	50	0	0	0	0	260	12	0	10	0	0	2	2	0	0
Hot Mustard Sauce (1 pkg)	28 g	60	2.5	0	0	5	250	9	2	10	0	0	0	0	0	0
Sweet 'N Sour Sauce (1 pkg)	28 g	50	0	0	0	0	150	12	0	10	0	0	2	2	0	0
Honey (1 pkg)	14 g	50	0	0	0	0	0	12	0	11	0	0	0	0	0	0
Chicken Selects® (3 piece)	133 g	380	20	3.5	2.5	55	930	28	0	0	23	0	0	4	4	4
Chicken Selects (5 piece)	221 g	630	33	4.5	4.5	90	1550	46	0	0	39	0	0	6	6	4
Creamy Ranch Sauce (1 pkg)	43 g	200	22	3.5	0	10	320	2	0	1	0	0	0	0	0	0
Chipotle Barbeque Sauce (1 pkg)	43 g	70	0	0	0	0	260	18	1	13	0	0	4	0	0	4
Spicy Buffalo Sauce (1 pkg)	43 g	70	7	1	0	0	960	1	2	0	0	0	6	2	0	2
Tangy Honey Mustard Sauce (1 pkg)	43 g	70	2.5	0	0	5	170	13	0	9	1	0	0	0	0	0
Filet-O-Fish®	143 g	380	18	4	1	35	660	38	2	5	15	2	0	0	15	10
Salads																
Asian Salad with Grilled Chicken	362 g	300	10	1	0	65	890	23	5	12	32	130	80	15	15	15
Asian Salad with Crispy Chicken	365 g	380	17	2.5	1.5	45	1030	33	5	12	27	130	80	15	15	15
Asian Salad without Chicken	243 g	150	7	0.5	0	0	35	15	5	9	8	130	70	10	10	15
Premium Bacon Ranch Salad with Grilled Chicken	321 g	260	9	4	0	90	1010	12	3	5	38	130	70	15	15	10
Premium Bacon Ranch Salad with Crispy Chicken	323 g	350	16	5	1.5	70	1150	23	3	4	28	130	60	15	10	10
Premium Bacon Ranch Salad without Chicken	223 g	140	7	3.5	0	25	300	10	3	4	9	130	50	15	8	8
Premium Caesar Salad with Grilled Chicken	311 g	220	6	3	0	75	890	12	3	5	30	130	50	20	10	10
Premium Caesar Salad with Crispy Chicken	313 g	300	13	4	1.5	55	1020	22	3	4	25	130	50	20	10	10
Premium Caesar Salad without Chicken	213 g	90	4	2.5	0	10	180	9	3	4	7	130	50	20	8	4
Side Salad	87 g	20	0	0	0	0	10	2	0	0	0	0	0	0	0	0

Coca-Cola® Classic										
Cup Size										
Child										
Small										
Medium										
Large										
%DV										
Calories										
Total Fat (g)										
Sodium (mg) §										
Total Carbohydrates (g)										
Sugar (g)										
Protein (g)										
Vitamin C										
Calcium										
Iron										

Diet Coke										
Cup Size										
Child										
Small										
Medium										
Large										
%DV										
Calories										
Total Fat (g)										
Sodium (mg) §										
Total Carbohydrates (g)										
Sugar (g)										
Protein (g)										
Vitamin C										

▶ POWERADE Mountain Blast										
Cup Size										
Child										
Small										
Medium										
Large										
%DV										
Calories										
Total Fat (g)										
Sodium (mg) §										
Total Carbohydrates (g)										
Sugar (g)										
Protein (g)										
Vitamin C										
120	160	240	350	—	0	0	0	0	0	0
32	44	64	94	—	0	0	0	0	0	0
32	44	64	94	31	0	0	5	0	10	0
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0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
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**Revised December 2006**

Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

+	Based on the weight before cooking 4 oz. (113.4 g).
+	Based on the weight before cooking 8 oz. (226.8 g).
■	May be available in certain restaurants in the Midwest, South and Middle Atlantic United States. Call 1-877-MCD-FOOD for additional information.
\$	The values represent the sodium derived from ingredients plus water. Sodium content is based on the value for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.
+	SPLENDA is a registered trademark of McNeil Nutritionals, LLC.
+	EQUAL is a registered trademark of Merisant Company.

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